

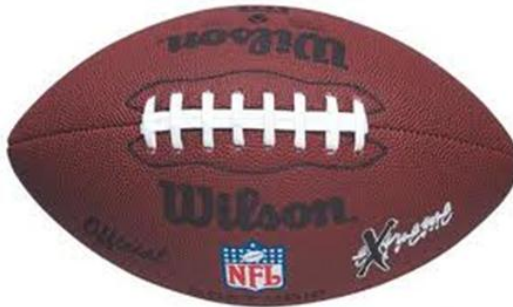
# **Introductory Comments**

The Need for Semantic Clarity

# Diverse Audience with Shared Interest

- Behavioral researchers
  - Multiple risk factor areas
  - Individual → Community → Society
  - Modelers
  - Interventionists
- Physical activity researchers
  - From measurement to policy
- NIH program directors and program leaders
  - Diverse areas of expertise

# Shall We Play Football?



# What Do You Mean?

- Physical activity
  - “Any body movement produced by skeletal muscles that results in energy expenditure above resting level”
  - At least moderate intensity (absolute? relative?)
  - Exercise
  - Total, leisure-time, occupational, transportation...
- Physically active
  - If the respondent says so
  - Moving about some, but not meeting guidelines
  - Meeting physical activity guidelines, as measured by...?

# Shall We Measure Physical Activity?

**SBAS**



**GPAQ**



**3 Day PARR**



**BRFSS**



# Or How About Sedentary?

- Sitting (+/- lying) and expending  $< 1.5$  MET
- Time with accelerometer counts  $< 100/150/200$  cpm
- Screen time
  - TV, video
  - Computer (total, or outside of work/school)
  - Other screens?
  - Active video games?
- Not meeting recommended physical activity levels

# A Modest Proposal

When using terms that may have multiple meanings or interpretations,

please be clear about what you mean, and perhaps how it is or was measured.

If you are not sure what someone means, please ask for clarification.

**Thank you!**